

Roasted Butternut Squash

Makes: 50 or 100 servings

Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Butternut squash, average size (use local produce, if available)	20 lb		40 lb	
Cinnamon		2 tsp		1 Tbsp + 1 tsp
Allspice		2 tap		1 Tbsp + 1 tsp
Salt		2 Tbsp		4 Tbsp
Pepper, black ground		2 tsp		1 Tbsp + 1 tsp

Directions

1. Preheat oven to 350° F.
2. If not already prepared, remove seeds from squash and cut into lengthwise quarters or into large cubes.
3. Place squash onto baking sheet that has been lightly coated with non-stick cooking spray.
4. In a small bowl, mix together cinnamon or allspice, salt and pepper. Mist squash with water or cooking spray and dust each with mixed spices.
5. Bake squash 30-40 minutes until tender.
6. Serve one wedge or 1/2 cup(4 ounces) cubed squash.

Notes

Serving Tips:

If butternut squash is not available locally, can substitute fresh winter squash- peeled, seeded, and cut into large cubes or frozen winter squash, peeled, seeded, and cubed.

Additional Tips:

You can find the recipe for 25 servings and family sized

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	60	
Total Fat	1 g	
Protein	2 g	
Carbohydrates	16 g	
Dietary Fiber	5 g	
Saturated Fat	NA	
Sodium	290 mg	

Meal Components

Vegetables	1/2 cup
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servings [here](#).